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CO 605 Treating the Serious Mentally Ill: Treatment Modalities and Referral Coordination

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Palmer, Stuart L., "CO 605 Treating the Serious Mentally Ill: Treatment Modalities and Referral Coordination" (2003). *Syllabi*. Book 1978.
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CO 605
Treating the Serious Mentally Ill: Treatment Modalities and Referral Coordination
Stuart L. Palmer, Psy.D., Instructor
Summer Session (June, 2003) 1 Semester Unit
T,W,Th (9:00-10:00am)
Class Room: SH # 404

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Course Description

In order to function as a competent counselor, one must develop skills in diagnosing, treating and referring a variety of problems with which one may be confronted. In order to do this one must be thoroughly familiar with a variety of treatment modalities. This particular course is focused on working with those individuals with serious mental illness. This course will also consider the impact of serious mental illness on the family as well as the role of the family in care and support. A concern for Christian spirituality as it influences treatment for the serious mentally ill will be considered throughout the course.

Course Objectives

Having successfully completed this course, students will be able to:

- Describe and differentiate between various types of diagnoses associated with serious mental illness.
- Explain and evaluate the various treatment approaches for the serious mentally ill and their families.
- Articulate the processes and procedures for arranging appropriate referrals for the serious mentally ill and their families.
- Consider the relevant concepts and perspectives of Christian spirituality for the treatment of serious mental illness.

Required Course Texts

Marsh, D. (Ed.). (1994). *New directions in the psychological treatment of serious mental illness*. Westport, Conn.: Praeger.

Benner, D. (1998). *Care of souls: Revisioning Christian nurture and counsel*. Grand Rapids, MI.: Baker.

Course Requirements

You are expected to attend all classes and participate in small group activities and discussions. You should only be absent in emergencies—illness, family death or similar

unavoidable situations. Emergencies DO NOT include attending to church work or other employment. Poor attendance will negatively impact your final grade.

1. Research Paper (60% of final grade) Due Date: Thursday, June 26, 2003 by 5pm in SH # 409.

Prepare a research paper (minimum of 8 pages) on a psychological disorder usually considered in the category of a serious mental illness. The paper should incorporate the following items:

- a. Diagnostic picture of the person with this particular disorder
- b. Contemporary psychological approaches and pharmacological interventions that would be used most often in treating this person
- c. Family dynamics that influence care and support of this person
- d. Concerns and challenges related to referral management of this person
- e. Relevant Christian concepts and perspectives in treating this person

2. Group Presentation (20% of final grade)

Student groups will make a class presentation on a different milieu for treating persons with serious mental illness. One group will present on a State Hospital inpatient milieu (i.e., Eastern State Hospital), another group will present on a shorter-term inpatient milieu (i.e., Ridge Hospital, Lexington VA Hospital, St. Joseph Hospital, Columbia Hospital of Lexington, etc), and a final group will present on an outpatient milieu (i.e., Bluegrass Comprehensive Care (Community Mental Health), etc.)

Students shall visit the program center to become acquainted with its approach to treatment. The class presentations shall include the following:

- a. A description of the setting
- b. Approach to treating the serious mentally ill in the setting
- c. Involvement of the family in the setting
- d. Pros and cons of this particular milieu and approach

3. Alternative Projects (20% of the final grade) Due Date: Thursday, June 26, 2003 by 5pm in SH # 409.

Students may choose one of two options for completing this portion of class requirements. Students can either:

- (1) Visit a Lexington area NAMI meeting (in Lexington area 1st and 3rd Sundays of the month from 2:30-4:00pm) or the CROSS Ministries Support Group meeting (in Lexington at Centenary UM Church—contact Ella Hunter for details at 338-2517) and prepare a 3-page paper describing what was observed and learned.
OR
- (2) Read an autobiography of a person who has struggled with a serious mental illness (e.g., A Brilliant Madness: Living with Manic-Depressive Illness by Patty Duke and Gloria Hockman, An Unquiet Mind by Kay Jamison, etc.) and prepare a 3-page response describing what you experienced and learned from the author(s).

Course Policies

- All written material should conform to the style and form set forth in the Publication Manual for the American Psychological Association, 5th Ed.
- Students should submit written material on time; late papers will receive no written comments and the grade will be reduced.
- Incompletes denote that the work of a course has not been completed due to an **unavoidable emergency**, which does **not** include delinquency or attending to church work or other employment.

Course Schedule *

Week of Study/Date Units of Class Sessions and Assignments

Week One (9:00-10:00am)

June 3

Introduction, Defining Serious Mental Illness and Differential Diagnoses

READ:

Marsh, pgs. 21-49

Benner, pgs. 11-50

June 4

Defining Serious Mental Illness and Differential Diagnoses (Part 2)
Treatment Modalities: Psychotherapy with Serious Mentally Ill and Working with Families of Serious Mentally Ill

READ:

Marsh, pgs. 79-122, 166-198

Benner, pgs. 51-86

June 5

Treatment Modalities: Pharmacotherapy

READ:

Marsh, pgs. 123-140

Benner, pgs. 87-155

Week Two (9:00-10:00am)

June 10

Guest Presentation—Ella Hunter, Ph.D.
Introduction to NAMI and CrossMinistries

READ:

Marsh, pgs. 71-76

Benner, pgs. 157-238

June 11	<p>Guest Presentation—Ella Hunter, Ph.D. Personal experiences working with patients and their families</p> <p>READ: Marsh, pgs. 143-165</p>
June 12	<p>Video Presentation—Schizophrenia Dr. Angie O'Malley</p> <p>READ: Marsh, pgs. 143-165</p>
Week Three (9:00-11:00am)	
June 17	<p>Video Presentation—Schizophrenia Dr. Angie O'Malley</p> <p>Group Presentations on Differing Milieu Eastern State Hospital</p> <p>Group Presentations on Differing Milieu Short-term Inpatient Setting</p>
June 18	<p>Group Presentations on Differing Milieu Outpatient Setting</p> <p>Video: "Back from Madness: The Struggle for Sanity"</p>
June 19	<p>Referral Coordination</p> <p>Final Thoughts and Questions</p>

*** The instructor reserves the right to change this schedule of class topics and assignments any time during the semester.**

